TWENTY EXERCISES

SCHEILLA

In order to develop spiritually, we should:

1- Execute our own obligations happily.

2- Silence before the offense.

3- Forget the rendered favor.

4- Discharge the friends of any kindness towards us.

5- Silence our aggressiveness.

6- Not condemn the opinions that diverge from ours.

7- Abolish any malicious or unnecessary question.

8- Repeat information and instructions without any Soureness.

9- Train the constant patience.

10- Hear fraternally the sorrows of the companions Without biographing our pains.

11- Seek, without affectation, the form of being useful.

12- Excuse without excusing ourselves.

13- Not speak ill of anybody.

14- Look for the best part of the people that commune

With us the experience on Earth.

15- Cheer with the joy of the other ones.

16- Not upset he who works.

17- Help spontaneously.

18- Respect the others' work.

19- Reduce the personal problems.

20- Willingly serve when the illness hurts us.

***

The apprentice of the material experience that wishes and endeavors to practice, at least, some of the twenty exercises here proposed, will certainly receive from the Divine Master, in the school of life, the more distinguished notes in the course of the Charity.

P.S - This message belongs to the book

Spiritist Ideal, from **Several Authors.**